

NUTRITION

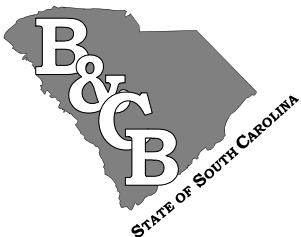
Seafood: Take It To Heart!

At last, a food we should eat more of instead of less! Seafood is high in protein and most varieties are low in fat. Seafood also contains omega-3 fatty acids. Omega-3 fatty acids are polyunsaturated fatty acids found in seafood, especially higher fat, cold-water varieties such as mackerel, albacore tuna, salmon, sardines and lake trout. All seafood, including shellfish and crustaceans such as oysters and shrimp, contain omega-3 fatty acids.

When combined with a healthful eating plan, omega-3 fatty acids may provide a protective effect against heart disease. While there are no specific dietary recommendations for omega-3 fatty acids, studies show that the protective effects of omega-3s can be achieved by eating seafood twice a week.

Ten tips to help you enjoy more seafood

1. Use fish or shellfish in your favorite casseroles, stir-fries, salads, soups and pasta recipes.
2. Surprise your family with a fish “steak” like swordfish, fresh tuna, halibut, salmon, or shark. Marinate the fish, then grill or broil it.
3. Add seafood into your eating plan gradually. Start by substituting one fish or shellfish meal each week for a typical beef, chicken, or pork meal.
4. Cook seafood until it is just right. Get the best results with high temperatures and short cooking times. The rule of thumb is 10 minutes per inch of thickness at 450 degrees. Decrease the cooking time for thinner cuts or increase cooking time for lower temperatures. The fish should just be starting to flake in the middle or register 145 degrees with an instant-read thermometer.
5. Save money by taking advantage of canned and frozen fish and shellfish, as well as seafood specials at the supermarket. Less familiar types of fish are often less expensive - ask for cooking ideas at the seafood counter.
6. Fish burgers or “fish loaf,” made with canned salmon, tuna or mackerel in place of ground beef or turkey. Bake in a loaf pan or shape into burgers. Brown the burgers or loaf slices in a non-stick skillet. Bonus: canned fish that includes the edible bones is an additional source of calcium.



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